

Sports shorts

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Correction

In last week's edition of The Fort Huachuca Scout in the "Sporting good time" article, the winners of the Organizational Day Commander's Cup trophy were mistakenly identified as Company E, 305th Military Intelligence Battalion, when in fact the winners were Company E, 309th MI Bn.

Golf Scramble

A two-man team golf scramble for the 18th Military Police Detachment Family Readiness Group fundraiser is scheduled Friday at the Mountain View Golf Course at 8 a.m.

The scramble is set at \$25 per players, which includes cart and green fees. Four Mulligans can be bought for \$5.

A 2002 Mustang will be given for a hole in one prize. Other prizes will be given for first and last place, closest to the pin, longest drive and longest putt. There will also be a raffle contest.

For more information call Sgt. Dustin Kelly at 533-5342/3434.

Women's bowling

The Huachuca Women's Bowling League will have an organizational meeting Tuesday at 9 a.m. at the Fort Huachuca bowling center, Desert Lanes. The league bowls each Tuesday at 9 a.m. Membership is unrestricted and open to all women in the area.

If interested in joining the teamcall 378-2195.

Fun Festival

The 2002 Fun Festival is just around the corner.

Family Readiness Groups and units who want a fundraiser booth can contact the Recreation Services Division, Directorate of Community Activities.

Applications are available. Unit/FRG costs are extremely reasonable. Register early to pick a prime location. Festival dates are Sept. 13-15.

Call Sue Higgins at 538-1690, or stop by the RSD Murr Community Center for more information.

Youth flag football

The Parks and Leisure Services will be conducting a 2002 NFL Youth Flag Football Program for youth, 6-14, beginning Sept. 21.

The cost for this gridiron fun is \$50 per participant with all participants retaining their NFL Flag Football jersey.

Program registration ends Sunday, (no exceptions).

A copy of each participant's birth certificate is required at registration.

There will be four divisions as follows: ages 6-8, coed; ages 9-11, coed; ages 12-14 girls; and ages 12-14, boys. Registration will be taken at the Oscar Yrun Community Center, Ethel Berger Center, or the Cove.

Adult volunteer coaches, 18 years of age or older, can pick up volunteer applications at the OYCC.

For additional program information call 458-7922.

Hunting season

Don't become an accidental target during hunting season. All persons visiting or traversing the designated hunting areas need to be extra vigilant.

Hunters, be certain of your target and be aware of the rules and regulations. The Sportsman Center, at 533-7085, has a hunter safety course that is available for \$5.

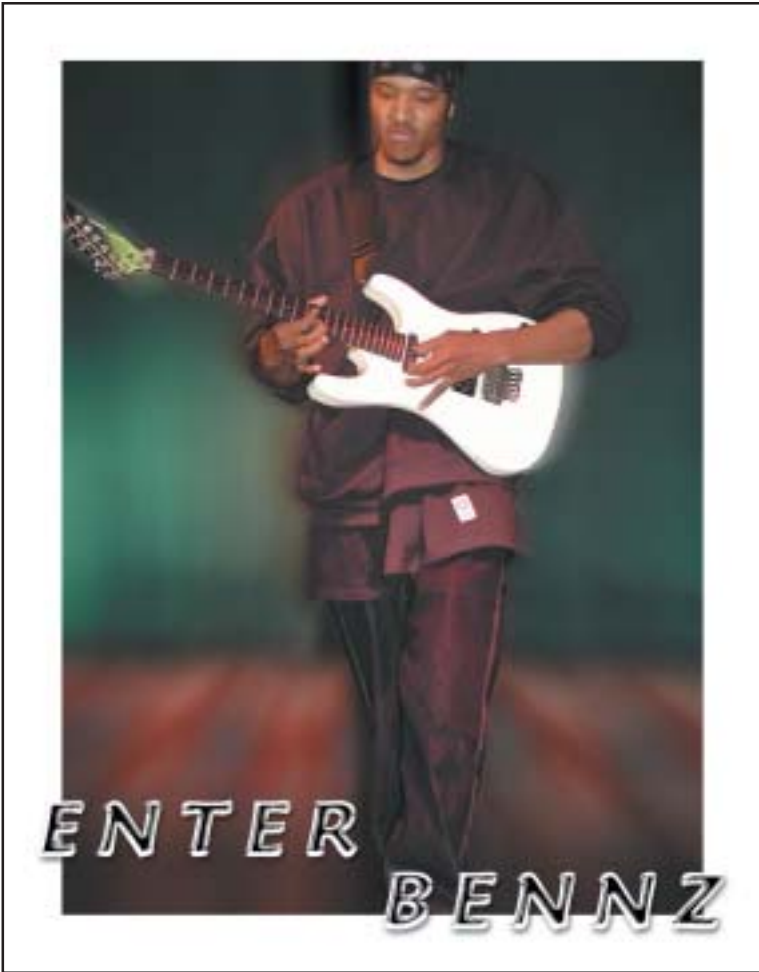


Photo illustration by Angelica Pequeño

Rock the hizz-ouse

By Angelica Pequeño
Scout Staff

La Hacienda Club became a showcase of talent as up and coming artists came out to strut their stuff Saturday for the first-ever Hip Hop and R&B Extravaganza Saturday.

There were artists from as far away as El Paso, Texas, but headliner act, Bennz of Sierra Vista, was "the one who rocked the house," said Julio Colon, an audience member.

"His instrumental skills were awesome," Colon said.

Other performers included "Jungle" Eric Ray, "Young Wolf" Gemayl Manly, "Over Dose" Damien Angelino, and Arizona Wrydaz.



Bennz hops onto a table while performing.

Beat the heat

By Sgt. Jessica Inigo
Time Out Editor

Fort Huachuca has had no recordable life threatening heat injuries this year.

Last year there were four heat injuries on Fort Huachuca. Two heat injuries were from actual heat, while the other two injuries were from over hydration.

"It's kind of ironic that there have been no heat injuries here, since we're in the desert," Bruce V. Heran, post safety manager, said.

Nonetheless safety officials still worry and want to warn soldiers of heat injuries after a soldier in training at Fort Jackson, S.C. recently died of a heat stroke after taking an Army Physical Fitness Test.

Additionally, 40 cases of heat injuries have been reported since May by major Army commands this year.

"Fort Huachuca has the worst combination right now with the high humidity and high elevation," Heran said.

But even this lethal combo has not caught soldiers off guard. "The reason why we're doing so well is because our folks are so attuned to the problem. We expect these problems, so we take actions to ensure safety. Fort Huachuca is doing a terrific job."

Some key factors to watch for to help avoid future casualties include checking for dizziness, headaches, dry mouth, nausea, an unsteady step, weakness, and muscle cramps.

The trainee who died at Fort Jackson had two risk factors that could have saved his life if caught early enough.

First, he had a recent history of vomiting, which would have dehydrated him prior to the APFT. Second, the soldier was 15 pounds over weight with borderline body fat percentage.

This deadly mixture could have been avoided if only the chain of command were informed of the soldier's sickness prior to the APFT.

Along with the soldier's safety comes the family member's safety, reminded Heran. "When we're out picnicking with friends and family, or going outside to social events, keep an eye on family members. Remind them to drink fluids and protect against the sun."

The risk of heat injuries becomes higher in temperatures higher than 75 degrees when people are not acclimated to the environment, are unfit, overweight, ill, had previous heat injuries, are on medications or dietary aids, had consumed alcohol in the last 24 hours, and are older.

These individuals should be protected against the elements and kept indoors if possible.

HEAT INJURY PREVENTION CHART Hot-Weather Injuries

Sunburn

Cause

- Repeated exposures to hot environment (even on cloudy days).
- Depletion of body fluids.

Symptoms

- Skin is red and hot.
- Victim may experience headache or nausea.
- Blurred vision.

First-Aid

- Use sunscreen.
- Cover the body part that is being burned.
- Seek medical treatment if there is pain or blistering.

Heat cramps

Cause

- Heavy loss of salt through excessive sweating.
- Vomiting, diarrhea, or urination can make this, and all dehydration injuries, much worse.

Symptoms

- Painful muscle cramps.
- Pale, wet skin; dizziness, extreme thirst.

First-Aid

- Move the victim to shade and loosen clothing.
- Massage affected muscle.
- Frequent intake of water; a cup (8 oz) every 15-20 minutes, not to exceed 1 1/2 quarts per hour.
- Thirst is not an adequate indicator of dehydration.
- If cramps persist, dissolve 1/2 teaspoon table salt in one quart of water, and have the victim slowly drink at least one quart of the salt solution.

Heat exhaustion

Cause

- Prolonged exposure to hot conditions.
- Excessive salt depletion and dehydration.

Symptoms

- Profuse sweating, headache, tingling sensation in the extremities, weakness, loss of appetite, dizziness, nausea, cramps, chills, and rapid breathing.
- Skin is pale, cold, moist, and clammy. Victim might faint.

First-Aid

- Lay victim flat in a cool, shady spot.
- Elevate feet and loosen clothing.
- Pour water on victim and fan to cool.
- If conscious, have the victim drink at least one canteen full of cool water with the salt solution.
- If soldiers do not recover after an hour, evacuate to the nearest aid station or medical facility.
- It may be hard to distinguish between heat exhaustion and heat stroke; if in doubt, assume the worst and start treating the casualty as if it were heat stroke.

Heat stroke

Cause

- Prolonged exposure to high temperatures and failure of the body's cooling mechanism (when the body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down).

Symptoms

- Mental confusion or disorientation.
- Throbbing headache; flushed, dry skin; nausea, and elevated body temperature.
- Lack of sweating in the heat.

First-Aid

- This is the most serious hot weather injury! Heat stroke is a medical emergency and can lead to death! Get the soldier to a medical facility as soon as possible!
- Start first-aid immediately. Move the victim to shade and cool with ice packs.
- If packs are not available, soak or douse victim with cool water. Do not immerse in ice water.
- Fan body and elevate feet.
- Do not try to give water to an unconscious victim.
- If medics or combat lifesavers are present, start intravenous (IV) fluids.
- Ensure cooling process is continued during transport to medical facility.

Comprehensive information about heat injury and prevention can be found at: <http://usachppm.apgee.army.mil/heat/>

FLUID REPLACEMENT GUIDELINES FOR WARM-WEATHER TRAINING

(Applies to Average Acclimated Soldier Wearing BDU, Hot-Weather)

Heat Category	WBGT Index °F	Easy Work		Moderate Work		Hard Work	
		Work/Rest*	Water Per Hour	Work/Rest*	Water Per Hour	Work/Rest*	Water Per Hour
1	78-81.9	No limit	1/2 qt	No limit	1/2 qt	40/20 min	1/2 qt
2 (Green)	82-84.9	No limit	1/2 qt	50/10 min	1/2 qt	30/30 min	1 qt
3 (Yellow)	85-87.9	No limit	3/4 qt	40/20 min	3/4 qt	30/30 min	1 qt
4 (Red)	88-89.9	No limit	1 qt	30/30 min	1 qt	20/40 min	1 qt
5 (Black)	>90	50/10 min	1 qt	20/40 min	1 qt	10/50 min	1 qt

* Rest means minimal physical activity (sitting or standing) and should be accomplished in the shade if possible.

(WBGT = wet bulb globe thermometer)

Note 1: The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Individual water needs will vary ± 1/4 quart per hour.

Note 2: CAUTION: Hourly fluid intake should not exceed 1 1/2 quarts. Daily fluid intake should not exceed 12 quarts.

Graphics courtesy of Countermeasure

In the Spotlight

See your MWR activity highlighted in The Fort Huachuca Scout, call 538-0836.

Soldier Show Saturday, Sunday

The U.S. Army Soldier Show is Saturday and Sunday at Buena Performing Arts Center in Sierra Vista. This fast-paced, high-energy show is sponsored by the U.S. Army Community and Family Support Center. Tickets are sold out, but persons wishing to attend may wait in a non-ticket holders line prior to each performance. Many ticket holders do not show up for the performances, allowing extra seating. Performances are Friday at 7 p.m.; Saturday at 2 p.m. and 7 p.m. Admission is free.

Fun Festival 2002 set for Sept. 13-15



MWR release
The 2002 Fort Huachuca Fun Festival is scheduled from Sept. 13-15.
This years Fun Festival is brought to you by presenting sponsor Team Ford and the Directorate of Community Activities, with sponsorship support from Cox Communications and Cable Rep Advertising, KKYZ 101.7 FM, Sierra Vista Herald, Southern Arizona Distributing, AT&T, Geico Direct, and Five Star Publishing.
The festival will be at the R.L. (Tiny) Anderson Special Events Park located near La Hacienda. Festival hours are Sept. 13, 4 - 11 p.m.; Sept. 14, 8 a.m. - 11 p.m. and Sept. 15, 12- 5 p.m.
The festival is open to the public and there is no admission charge to enter. The Fun Festival features live entertainment, music, trail rides, laser tag, moon bouncers and much more.
Recreation Services Division has planned an exciting lineup of attractions, prizes and entertainment for all who attend the festival. There will be give-aways every hour from 12- 4 p.m, Sept. 15. Entrants selected must be present Sept. 15 to win.
One of the Fun Festival’s largest attractions is the popular

City of Fun Show Carnival with rides for all ages and thrill levels.
Carnival ride tickets are on sale now. Tickets purchased in advance are sold at a savings of \$2 per ten tickets. Advance carnival ride tickets are \$5 per sheet of ten. The price goes up to \$7 at the carnival. Ticket outlets are MWR Box Office, Desert Lanes and MWR Rents. Tickets may be purchased in Sierra Vista at Safeway. For ticket information, call 533-2404.
Along with the Carnival operation will be the vendor area that features an endless variety of food, crafts, art, commercial and novelty merchants.
The Fun Festival is an excellent fundraising opportunity that attracts spectators by providing a wide range of activities and entertainment. Vendors are needed, so call 538-1690 to participate and profit. Military units, private organizations and individuals from the surrounding community have an opportunity to raise funds at the 2002 Fun Festival.
For more information and an application contact RSD by e-mail sue.higgins@hua.army.mil or call 538-1690.
A new addition to the Fun Festival lineup is a Mutt March.



The Mutt March is a three-mile, scenic, off-road course for humans and their canine friends. Human and canine refreshments will be provided along the course. Start time is 7 a.m. and the course will close at 9 a.m. Pet owners may sign up at 6 a.m. in front of La Hacienda. The entry fee is \$1 per human and \$1 per pet. Course maps are available at Barnes Field House administration office. Call 533-5031 for information.

Fort Huachuca Directorate of Community Activities Updates

The Directorate of Community Activities is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to germanp@huachuca-emh1.army.mil



MWR Arts Center offers framing class
A mat cutting and picture framing class will be offered at the MWR Arts Center. The class will be held on Tuesdays, 6 - 8 p.m.. The class fee is \$12. The course will cover basic and conservation mat cutting and picture framing, hinging, specialty mats and inlays. The Summer Fun in the Arts continues through September. Adult instruction in three classes is still offered for \$100. Classes include stained glass, framing, basic photography, basic pottery, three dimensional sculpture, watercolor painting, oil painting, acrylic painting, jewelry, lapidary and lost wax casting. Call 533-2015 for information.

Youth Soccer Club
There will be a final Sierra Vista Soccer Club registration at Youth Activities, Building 49013, Saturday from 10 a.m.-2 p.m. Birth certificate is required for registration For more information, call Kevin Keckler at 538-4466.

AFTB Level II Leadership Class scheduled
The next Army Family Team Building Level II Leadership Concept Block Course will be Aug. 26-28 from 5:30-9 p.m. at the Army Community Service conference room. Level II is offered once per quarter and is targeted toward emerging leaders within the Army community. Call 533-3686 to register.

American Red Cross
A Red Cross Blood Drive will be held Friday at Eifler Gym from 10 a.m.-8 p.m. Call 448-3543 to schedule an appointment. The American Red Cross will hold a First Aid and CPR Class Aug. 31. Call 533-2015 for information.
The Red Cross needs volunteers for blood drives and medical clinics. A volunteer orientation class will be held at Murr Community Center Sept. 19. Interested persons may sign up for a 9:30 a.m. or 6:30 p.m. session. Call 417-2252 for information.



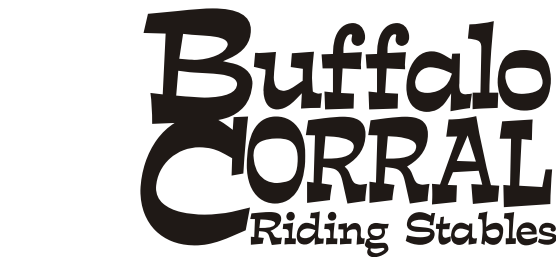
Desert Lanes events
Rock 300 is held every Saturday 7-11 p.m. Come out and bowl to rockin’ music and glow in the dark action. Forty frame games are offered every Saturday at 1 p.m. Desert Lanes invites all to come bowl their hearts out.
A Welcome Back Singles Tourament will be held Sept. 14 at 1 p.m. Handicap is 80 percent of 200 and the payout is a one to five ratio, with an entry fee of \$25. Scratch side pots are available. Call 533-2849 for information.
Sept. 22 will be Nifty Fifties Day again. Desert Lanes’ shoe rentals and games are only 50 cents and Jeannie’s Diner hot dogs and sodas are also 50 cents each.
New winter operating hours will begin Sept. 1. Desert Lanes will be open Sundays and Mondays, noon to 9 p.m.; Tuesdays 9 a.m.-10 p.m.; Wednesdays noon to 10 p.m.; Thursdays 4-10 p.m.; Fridays noon to 11 p.m. and Saturdays 9 a.m.-11 p.m.

MWR Rents activities
During September, patrons at MWR Rents may rent all towed barbecue grills for \$5 off the day rental fee.

A boating safety class is scheduled for Sept. 4-5. This two-day class is held at Murr Community Center, from 6-10 p.m. An all day class is scheduled for Sept. 28, 8 a.m.-6 p.m. Completion of a boater safety class is necessary to rent boats from MWR Rents. Call 533-6707 for information.

SPORTSMAN'S CENTER 533-7085

Sportsman’s Center activities
The next night paintball event will be Aug. 30 from 7 p.m. to midnight. Range fee is \$5 and a rental package is available for \$20. September will be an active month for events at the Sportsman’s Center. The center will host a Barb Dallavo Memorial Open Skeet Shoot Sept. 21-22. Registration begins at 7 a.m.
A special coaching day for ladies is scheduled Sept. 21, 11 a.m.-4 p.m. The range session includes gun safety, markmanship principles and an introduction to skeet and trap shooting.
Night paintball will be held Sept. 27, from 7 p.m. to midnight. Range fee is \$5 and rental packages are available for \$20. On Sept. 28, the Sportsman’s Center will hold a Sportsman’s Flea Market. This is a great opportunity for sportsmen to sell their unwanted fishing or hunting equipment. Space rental is only \$5. Call 533-7085 for information on any of these events.
Patrons of the Sportsman’s Center who fill out a comment card have a chance to win a prize. Comment cards will be judged each month and the winning comment or suggestion will win a \$20 gift certificate.



Buffalo Corral events
The Buffalo Corral has scheduled a Labor Day Trail Ride Sept. 2. The ride will be 9-11 a.m. The cost is only \$12.50 per authorized MWR patron and \$18 per civilian. Reservations and prepayment are required by close of business, Aug. 31. Fifteen riders are required for the ride to remain scheduled. If the ride is canceled for lack of riders, the Buffalo Corral will be closed.
Buffalo Corral offers Sunset Trail Rides every Thursday from 6-8 p.m. These scenic rides are offered at a cost of \$12.50 for authorized MWR patrons and \$18 for civilians. Rides are open to riders 7 years and older. Call 533-7085 for information on any of these events.
Buffalo Corral Riding Stables are now closed Mondays and Tuesdays. The facility is open Wednesday through Sunday, 9 a.m.-4 p.m. The private mount area hours are Monday through Friday 9 a.m.- 4 p.m. PMA retail store is closed Saturdays, Sundays and holidays.



LakeSide Activity Centre
The LakeSide Brunch is Sunday, 10:30 a.m.-1:30 p.m. The brunch menu includes an omelet station and Chef Chewy’s special eggs benedict along with pastries, breads and a variety of specially prepared dishes such as baked salmon, sea bass, pork, beef or chicken. The cost is \$13.95 for adults and \$7 for children ages 6-10 years. Children 5 and under dine free of charge. Reservations are strongly suggested. Call 533-

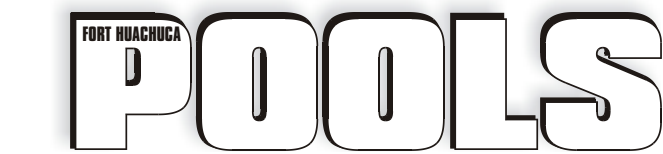
2194 for information.

Parent University planned
The eighth session of Parent University will be Sept. 9 - 20. Parent University is a two-week intensive program that offers a variety of free classes in an effort to make good parents better. All classes are two hours in length and taught by professionals within the community. Classes are held at Murr Community Center. Participants completing a minimum of 24 hours receive a diploma indicating graduation from Parent University.
Childcare is provided free of charge, however, pre-registration is required. Military and civilians are welcome. Some of the new classes this year include: Home Safety, Adventures in Character, Building Children’s Self-Esteem, Conflict Resolution with Teens, My Child Won’t Listen; What Can I do?, Principles of Behavior, Tax Tips and Youth in Trouble.
Barbara-Lynn Taylor, prominent parent educator and author/co-producer of the internationally used, video-based parent program, “Successful Parenting,” is our keynote speaker. Taylor speaks Sept. 20, 8:30 - 11:30 a.m. For information, call Army Community Service at 533-3895 or 533-2330.



Thunder Mountain Powerlifting Open
The 2002 Thunder Mountain USA Powerlifting Open will be held Oct. 19 at Barnes Field House. This first-time event is a USA Powerlifting sanctioned event. Entry fees are \$25 for the first division entered and \$20 for each additional division. Team entry is \$40. Entry deadline is Oct. 8. There will be an additional \$5 entry fee for registrations after Oct. 8. Admission price for spectators is \$5 per person. Children 12 and under may attend free of charge.
There are many divisions and weight classes. Awards will be given to 1st-5th places in all divisions. Call 533-3180 or 533-5031 for information.

ACS hosts Information Fair, Sept. 7
Army Community Service is sponsoring an installation-wide Information Fair, Sept. 7 from 9 a.m.-3 p.m. Organizations and activities are invited to participate and share valuable information to the community.
The Information Fair may be used to register and sign-up for activities. The event is open to the local community. All interested organizations must register no later than Aug. 30 by calling 533-2330 or email: allenmp@c2i2.com.



Pool hours
Summer is over and changes to Fort Huachuca pools reflect this. Grierson Pool is closed. Irwin Pool will be open weekends only, until Sept. 1, 10 a.m.-6 p.m. Irwin Pool will open for Labor Day, 10 a.m.-6 p.m. for its final day of operation.
Barnes Field House Pool hours are: Monday, Tuesday, Wednesday and Friday 5-7:30 a.m. for lap swim; 7:30-11 a.m. for open swim; 11 a.m.-1 p.m. for lap swim and 1-2 p.m. for open swim. Pool closes at 2 p.m. The pool also closes from 7:45-11 a.m. on Thursdays for sergeant’s time training. Call 533-3858 for more information.

Final softball standings

By Sgt. Jessica Inigo
Time Out Editor

Softball season came to a close with a final “Bragging Rights” game against separate league winners Aug. 15 at 7 p.m.

League A champs, Company A, 40th Signal Battalion, beat out Headquarters Company, 306th Military Intelligence Battalion during the championship game Aug. 14, 20-14.

League AA winners, Company B, 305th MI Bn. went up against U.S. Army garrison in a close championship game Aug. 14, 12-11.

Final contenders A/40th and B/305th, though both softball champions in their own leagues, played one final game to see who was the best of the best.

B/305th took the trophy home and gained bragging rights against A/40th, with a final score of 16-14.

“I’m proud of the team. It was a lot of hard work. It was a real task fighting off injuries toward the end of the season,” Alfred Escalante, B/305th coach, said. “It took some moving around when people got hurt, to play different positions. Everyone was a team



Photo By Sgt. Jessica Inigo

Tony Espinoza, Company A, 40th Signal Battalion softball player, attributed to the success of A/40th’s softball title. The team beat out rivals, Headquarters Company, 306th Military Intelligence Battalion for the softball title.

player. Everyone did their part.”

The end of the softball season also marks the end of the Commander’s Cup sporting season.

This year’s overall sporting champions were: A League’s, HQ, 306th MI Bn; and AA



Courtesy photo

Company B, 305th Military Intelligence Battalion won both the AA League softball trophy and the “Bragging Rights” trophy.

League’s, USAG.

An awards ceremony is tentatively set for Sept. 13 or Sept. 20 at 9a.m. on Brock Field. Col. Lawrence J. Portouw, U.S. Army Intelligence Center and Fort Huachuca, Garrison

commander, will present the Commander’s Cup to the two champions.

The Commander’s Cup encompasses total points of all sports played throughout the year.

Powerlifting at BFH

By Tanja Linton
Media Relations Officer

Powerlifting makes its debut at Barnes Field House Oct. 19.

This first-time event is a USA Powerlifting sanctioned competition.

Registration for the Thunder Mountain Powerlifting Open is currently underway. Entry fees are \$25 for the first division, \$20 for each additional entry and \$40 for team entries. After Oct. 8, entry fees increase \$5. Admission price for spectator is \$5 per person. Children 12 and under may attend for free.

There are many divisions and weight classes. Awards will be given to first through fifth places in all divisions.

Three USAPL national champions/International Powerlifting world medallists will compete: Justin Maile, Priscilla Ribic and Liz Willet.

Powerlifting consists of three disciplines: the squat, the bench press and the deadlift. The first powerlifting competitions were organized in the early 1960s in Germany and the United States. More than 90 nations hold powerlifting competitions and more the 250,000 athletes worldwide participate.

Competitors for the Thunder Mountain Powerlifting Open can register at Barnes Field House or online at www.active.com. For more information, call (520) 533-3180 or 5031.

Diet detective

Know when you enter the coffee hall of shame

By Charles Stuart Platkin
Special to the Scout

While some people are just not functional without their morning cup of coffee, what they don’t realize is how many extra calories they can accumulate from that morning pleasure.

While plain, black coffee is a dieter’s dream — no fat and barely six calories in an 8 oz. serving — adding sugar, syrup, or cream to it can turn that dream into a nightmare. And with all of the boutique chains and franchises popping up in malls and on street corners at a rate of more than one new store per day, coffee-based drinks are actually a much larger factor in the national obesity problem than most experts realize.

It’s important to watch out for those hidden calories that are in our favorite coffee treats. So if you thought by having a cup of coffee you were skipping desert — well, read on.

I spent some time recently searching out the worst offenders in the caffeine craze.

Here’s the list:

1. Starbucks Egg Nog Latte (810 calories in a Venti/ 36 grams of fat)
For the calories in one 24 oz. Egg Nog Latte, you could consume a Big Mac and small order of French Fries.
2. Dunkin Donuts Coffee Coolatta with cream and Oreo cookie, 32 oz. (1,010 calories/ 50 grams of fat)

Whatta lotta coolatta! That’s more than half the calories the average person needs to consume in one day. In fact, you could have almost four Snickers Bars for the same amount of fat and calories!

3. Starbucks Grande Mocha with Whole Milk (420 calories/ 24 grams of fat)
That’s the same amount of calories in a McDonald’s Quarter Pounder with cheese!
4. Starbucks Venti Steamed Whole Milk (370 calories/ 20 grams of fat)
There are fewer calories in a fourth of a Domino’s cheese pizza!
5. Starbucks Latte Venti with Whole Milk (350 calories/ 18 grams of fat)
You could have a whole cup of Baskin Robbins’ chocolate chip cookie dough ice cream for that many calories!

Know the facts

The important thing to remember here, as always, is to be aware of what you’re eating and drinking.

Quitting coffee altogether is unrealistic for millions of Americans, but you do have all the control in the world over the other items you put into it — and these “extras” are what will ultimately affect your health and waistline the most.

(Editor’s note: Charles Stuart Platkin is a syndicated health, nutrition and fitness writer, author of the best selling book, Breaking the Pattern (Red Mill Press, 2002), a certified personal trainer, and founder of Nutricise.com. Copyright 2002 Charles Stuart Platkin.)

Eagle Scout pushes forward for better future

By Sgt. Jessica Inigo
Time Out Editor

They say youth have neverending energy, but with all the activities one local teenager manages, you still have to wonder how he does it.

Emmanuel Vincent Montoro, 15, said time management is the key to his success. Montoro is known for his active roles in community service projects, in the National Junior Honor Society, maintaining a 4.0 grade point average, playing the trumpet and piano, volunteering at the Fort Huachuca Catholic Youth Group, performing with the Southern Arizona Filipino American Club, being a second degree Tae Kwon Do black belt, and recently being awarded the highest rank in the Boy Scouts.

“I write down all the things I want to do and then I set priorities. Every spare moment I should be doing something,” Montoro said. “I don’t want to get burned out, so I also set aside time for rest and relaxation.”

Montoro learned this technique from his father, Chief Warrant Officer Emmanuel Montoro, property book officer, Headquarters and Headquarters Company, 86th Signal Battalion. His father’s high standards set the bar on Montoro’s ambition.

“It’s important to keep children busy. You should be terrified of an idle child,” the elder Montoro said. “If they have an idea or pick up an interest, you should help them pursue

it to the end.”

Montoro’s most recent achievement, being named an Eagle Scout, the highest rank in the Boy Scouts, is only achieved by 4 percent of all Boy Scouts.

“I’m very proud of what he’s doing,” Montoro’s father said. “A lot of the credit should be given to him. He is the one who took the initiative and helped the community.”

For Montoro’s community project in the Boy Scouts, he constructed benches for the Sierra Vista Community Hospital’s administration area, with the help of donations from local businesses and people.

It took Montoro four years in the Boy Scouts to make it to this level. From here Montoro plans to keep on working as an active Boy Scout, helping to improve the community, as well as himself.

In the future Montoro hopes to follow in his father’s footsteps and serve in the Armed Forces.

“I want to serve my country because it has given me so much opportunity. By serving, it feels as if I’m giving something back,” Montoro said.

Montoro’s ambition and stick-to-it attitude can also be attributed to his father.

When Montoro was 6 years old, he became interested in the Teenage Mutant Ninja Turtles and asked his father if he could take up Tae Kwon Do. His father agreed, but warned his son he shouldn’t take up activities just to cast them aside later. He explained to Montoro that he should excel in the



Courtesy photo

Emmanuel Vincent Montoro swears in to the highest rank in the Boy Scouts, the Eagle Scout, Aug. 11 at the Troop 444, Elks Lodge in Sierra Vista.

things he wished to participate in.

Montoro is now on his sixth year of practicing Tae Kwon Do and even has some tournament awards under his belt.

“We’re lucky to have a son like him,” Montoro’s father said. “He really just learns from example.”

Montoro not only has a bright future, but he also helps to make the future look bright.

Showings

The Cochise Theatre movie prices are \$3 for adults and \$1.50 for children, except on Wednesdays and Thursdays, when all admission is only 99 cents. All movies will be showing at 7 p.m., unless otherwise indicated.

Tonight

Minority Report – Tom Cruise, Colin Farrell – In Washington D.C. in 2054, police utilize psychic technology to arrest and convict mur-

derers before they commit the crime. A panel of three makes the decisions. When one judge has a different psychic verdict this is called a “minority report,” leaving the feeling of two judges to outweigh the third. When the head of the pre-crime unit is accused of the future murder of a man he hasn’t even met, the “minority report” comes out. Rated PG-13 for violence, brief language, some sexuality and drug content. 140 minutes.

Friday

The Crocodile Hunter – Steve Irwin, Terry Irwin – In the outback and through the bush, the Crocodile Hunter is out to save the gorgeous croc by relocating it.

It won’t be easy, but if he can handle bird-eating spiders and venomous snakes without getting bitten, it should be easy. It’s a little beauty! Rated PG for action violence and mild language. 89 minutes.

Saturday

Reign of Fire – Matthew McConaughey, Christian Bale – In present-day London, 12-year-old Quinn watches as his mother wakes an enormous fire-breathing beast from its centuries long slumber. Twenty years later, the beast and its offspring have scarred the world. In comes a hotshot American, Denton Van Zan, who says he was a way to kill the beasts. Rated PG-13 for action violence. 102 minutes.



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Check out Minority Report tonight at the Cochise Theater at 7 p.m.